

Card Sort Activity Answer Key

WIC Allowable Food Items

(Some food items are allowable only for specific participant categories, or approved reasons)

| Allowable Food Item Name | |
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| 1. Barilla Whole Grain Rotini Pasta 16 oz. | 21. Garden Life Red Leaf Packaged Lettuce 7 oz. |
| 2. Birds Eye Frozen Organic Mix Veg 10 oz. | 22. Gerber Carrot, Pear, Blackberry 2 Pack 4 oz. (mixed variety of any fruits/vegetables together allowed; NOT combinations with other foods like cereal, meats, etc.) |
| 3. Blue Ribbon Whole Grain Brown Rice 16 oz. | 23. Gerber Chicken and Gravy 2.5 oz. |
| 4. Brown Cow Cream Top Yogurt Maple 32 oz. | 24. Gerber MultiGrain Cereal 16 oz. |
| 5. Bumble Bee Chunk Light Tuna in Water 3-Pack 9 oz. (cans) | 25. Gerber Oatmeal Cereal, Single Grain 16 oz. |
| 6. Bumble Bee Pink Salmon 14.75 oz. (can) | 26. Gerber Sweet Potatoes 4 oz. |
| 7. Bush's Canned Black Beans, Reduced Sodium 13.75 oz. | 27. Giorgio Sliced Mushrooms, Fresh 16 oz. |
| 8. Campbells Tomato Juice 64 oz. | 28. Guerrero 100% Whole Wheat Tortillas 16 oz. |
| 9. Corn Chex Cold Cereal 12 oz. | 29. Haggen Dry Lentils 16 oz. |
| 10. Dannon Light & Fit Strawberry Yogurt 32 oz. | 30. Kellogg's Corn Flakes Cold Cereal 24 oz. |
| 11. Darigold 2% Reduced Fat Milk (House Brand), one gallon | 31. Kraft Extra Sharp Cheddar Cheese (House Brand), 16oz. |
| 12. Darigold 3.25% Whole Milk (House Brand), one gallon | 32. Lactaid 1% Lowfat Milk, half gallon |
| 13. Del Monte Canned Mixed Veg, No Salt Added, 14.5 oz. | 33. LaLa Yogurt Mango 32 oz. |
| 14. Del Monte Canned Diced Peaches in Juice 4 oz. | 34. Pacific Ultra Soy Original 32 oz. |
| 15. Del Monte Canned Sweet Peas 15.25 oz. | 35. Nature's Own 100% Whole Wheat Brd, Sugar Free 16 oz. |
| 16. Dole Frozen Mixed Fruit 16 oz. | 36. Organics Sweet Apple Slices, Pkg 10 oz. |
| 17. Dole Frozen Sliced Strawberries 36 oz. | 37. Potatoes (photo: three whole potatoes) |
| 18. Dole Pineapple Juice Concentrate 12 oz. | 38. Quaker Oatmeal Original Hot Cereal 23.7 oz. |
| 19. Dole Pineapple Orange Banana Juice Concentrate 12 oz. | 39. Springfield Peanut Butter Extra Crunchy 18 oz. |
| 20. Fresh Figs (photo: sliced fig halves, whole fig behind slices) | 40. Yoplait Greek 100 Vanilla Yogurt 32 oz. |

WIC Allowable Food Items

| Non-Allowable Food Item Name | Reason not allowable |
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| 1. Barilla Enriched Grain Lasagna 16 oz. | Cannot buy pastas that list any other flour besides whole wheat and/or whole durum wheat flour in the ingredients (see Whole Wheat Pasta) |
| 2. Barilla Whole Grain Lasagna 13.25 oz. | Can Buy 16 oz. size only (see Whole Wheat Pasta) |
| 3. Bird's Eye Frozen Creamed Spinach 9 oz. | Cannot Buy vegetables with sauce such as cheese, butter or teriyaki sauce; Cannot Buy vegetables with added sugar, syrup, oil, fat, pasta, rice or any other ingredients (see Frozen Vegetables) |
| 4. Bumble Bee Pink Salmon Pouch 5 oz. | Cannot Buy salmon in pouches (See Pink Salmon) |
| 5. Bumble Bee Red Salmon Can 14. 75 oz. | Cannot Buy Red Salmon (see Pink Salmon); Can Buy pink salmon only |
| 6. Bumble Bee Chunk Light Tuna in Vegetable Oil 4 oz. | Cannot Buy oil-packed Tuna (See Canned Fish) |
| 7. Cara Mia Artichoke Hearts, Jar 14.75 oz. | Contains added canola oil, salt (see Canned Vegetables) |
| 8. Crystal Farms Mozzarella Cheese, Shredded 8 oz. | Can Buy 16 oz. only; Cannot Buy diced, grated, shredded, or sliced (see Cheese) |
| 9. Darigold Milk 1 % Chocolate (House Brand), one gallon | Cannot Buy chocolate milk (see Milk) |
| 10. Del Monte Chunky Mixed Fruit in Hvy Syrup, Canned 15.25 oz. | Contains high fructose corn syrup, sugar, corn syrup (see Canned Fruits) |
| 11. Dole Sliced Strawberries in sugar, Frozen 16 oz. | Contains added sugar (see Frozen Fruits) |
| 12. Earthbound Farm Organic Chopped Salad Southwest Kit 11 oz. | Cannot Buy kits with dressings or dipping sauce (see Fresh Vegetables) |
| 13. El Mexicano Monterey Jack Cheese (Not House Brand) 16 oz. | Not house brand (see Cheese) |
| 14. Gerber Macaroni & Cheese with Vegetables 2 Pack, 4 oz. each | Cannot Buy foods with added salt, sugar or starches; Cannot Buy desserts, dinners and food combinations (see Infant Fruits and Vegetables) |
| 15. Gerber Organic Pouches 4 pack, 3.5 oz. each (14 oz. total) | Cannot Buy pouches; Cannot Buy desserts, dinners and food combinations; Can Buy 4 oz. packs only (see Infant Fruits and Vegetables) |
| 16. Gerber Vanilla Custard Pudd. w/Ban. 2 Pk, 4 oz each (8 oz. total) | Cannot Buy foods with added salt, sugar or starches; Cannot Buy desserts, dinners and food combinations (see Infant Fruits and Vegetables) |
| 17. Haggen Dry Great Northern Beans 32 oz. | Can Buy 16 Oz. package only (see Dry Beans/Peas/Lentils) |
| 18. Haggen Extra Large Eggs (House Brand), one dozen | Cannot Buy extra large or jumbo eggs (see Eggs) |
| 19. Haggen Jumbo Eggs (House Brand), one dozen | Cannot Buy extra large or jumbo eggs (see Eggs) |
| 20. Kellogg's Frosted Flakes Cold Cereal, 18 oz. | Cannot buy any Kellogg's Cereal other than those specifically listed in Food List |
| 21. Peter Pan 100% Natural Peanut Butter Spread 16.3 oz. | Cannot Buy peanut butter spread (see Peanut Butter) |
| 22. Sara Lee 100% Whole Wheat Bread 20 oz. | Can Buy 16 oz. only (see 100% Whole Wheat Bread) |
| 23. Silk Soymilk Light Vanilla, half gallon | Cannot Buy organic or light soymilk; Cannot Buy Silk Soymilk in other flavors; Can Buy Silk original only (see Milk Alternatives) |
| 24. Springfield Basmati Brown Rice 16 oz. | Cannot Buy Basmati and jasmine rice (see Brown Rice) |
| 25. Stater Bros Strawberry Fun Stripes 18 oz. | Cannot Buy peanut butter with added jams, jellies, chocolate, marshmallows, DHA, omega-3 or honey (see Peanut Butter) |
| 26. Sun Vista Canned Chili Beans 30 oz. | Cannot buy chili beans; only up to 16 oz. (see Canned Beans) |
| 27. Tree Top Apple Cider 64 oz. | Can Buy 100% juice only; no added sugar or sweetener (see 64 oz. Shelf Stable or Refrigerated Juice) |
| 28. Welch's Concord Grape Juice Cocktail 64 oz. | Can Buy 100% juice only; Can Buy 64 oz. Welch's purple or white grape juice only (see 64 oz. Shelf Stable or Refrigerated Juice) |
| 29. Welch's Light White Grape Juice Beverage 64 oz. | Can Buy 100% juice only; Can Buy 64 oz. Welch's purple or white grape juice only (see 64 oz. Shelf Stable or Refrigerated Juice) |
| 30. Yoplait Fruiplait Harvest Peach Yog. 4pk, 4 oz. each (1 lb. total) | Can Buy 32 oz. only (see Yogurt) |